

- 388 Originally the Barundi were not familiar with the use of palm oil  
177 for making soap; [ 54] only the people of the Tanganyika area  
have learned from the Arabs and Wasuaheli how to mix oil with  
potash to make soap (kifefe) which is traded in fist-sized balls.

- 222 Apart from the cultivated plants mentioned above, the  
262 Barundi and their women and children collect a number of wild  
plants or parts of these plants to be used as food or condiments.  
There are, for instance, the stinging nettle, whose leaves are  
boiled as "spinach," and sorrel, also cooked as a vegetable.  
The fruit of the eggplant (Solanum esculentum) -- reverted to  
the wild state? -- is eaten raw or roasted. They also collect edible  
mushrooms which are eaten either raw or cooked, red pepper  
[263] (intore) whose pods are used for seasoning, and various berries  
eaten as delicacies by women and children, especially black-  
berries which are abundant everywhere.

- 241 The location and arrangement of the fields (umurima)  
in Urundi does not differ much from Ruanda. One thing that  
soon strikes the observer is that in Urundi, with the exception of  
the western mountain areas, terraced fields are much more rare  
than in Ruanda where they cover entire mountain slopes and con-  
stitute the characteristics appearance of the cultivated areas. In  
Urundi the fields extend predominantly over level ground, either  
on the broad ridges and plateaus or at the bottom of the valleys.  
They are always close to the huts and, of course, to water. No  
furrows are drawn on most fields; their surface is merely loosened  
with a hoe. In the case of freshly cleared land, the pulled grass  
and shrubs are piled up in the field, left to dry, and burned.  
Then the ashes, as fertilizer, are worked into the ground with  
the hoe. A similar method is used at the edge of papyrus  
swamps. After the water level has receded, the papyrus thicket  
is cut down over the whole extent of the extremely fertile  
alluvial land whose surface has dried. The hacked-off papyrus  
fronds are burned as soon as they have dried out (Plate 22a). Then  
the roots are dug up, narrow drainage ditches are dug, and the  
plant ash is spread over the field as fertilizer. Finally sweet  
potatoes, arrowroot, and beans are planted in the little holes  
which have been dug. They come up quickly. If land is cleared  
on a hill slope, the fields are laid out in long narrow strips which  
follow the contour horizontally. These are made as level as